



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

VR Bank Westthüringen eG

Total time: 1:28:24

Number: 420

Speed: 19.68 km/h

Running performance: 3:01 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 9 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 2(of 10)

Staffel Cross - Familienstaffel

Best time in the category: 1:26:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.40	7:46	19:24	2	0:25	12	1:41	0.40	7:46	19:24	11		65	1:27
Rad	23.00	56:05	2:26	2	5:07	16	9:55	23.40	1:03:51	2:43	11		65	
Lauf	6.00	24:33	4:05	1	-	3	2:49	29.40	1:28:24	3:00	2	1:30	9	7:38